Olympic weight lifting workout

Here is a simple 3-day Olympic weightlifting workout you can run 2–3 times per week, focused on snatch, clean & jerk, and key strength builders.[1][2][3]

General structure

- Train 3 nonconsecutive days (e.g., Mon/Wed/Fri).
- Main lifts: low reps (1–3) with multiple sets, light-to-moderate loads to keep **technique** sharp.[4][5][6][1]
- Rest 2–3 minutes between main-lift sets, 60–90 seconds on accessories.[2][1]

Day 1 – Snatch emphasis

- Snatch: 6–8 sets × 1–2 reps @ ~60–75% 1RM, practice positions, no grinding.[3][6][1][4]
- Snatch pull: 3 sets × 3 reps @ 80–90% of snatch training weight.[1]
- Front squat: 3–5 sets × 3–5 reps, controlled depth.[7][1]
- Overhead press or push press: 3 sets × 5 reps.[2][1]
- Optional: core (planks, hanging leg raises) 2–3 sets.

Day 2 – Clean & jerk emphasis

- Clean & jerk: 5–8 sets × 1–2 reps @ ~60–75% 1RM, reset each rep, focus on footwork.[5][4][3][1]
- Clean pull: 3 sets × 3 reps @ 80–90% of clean training weight.[1]
- Back squat: 3 sets × 3–5 reps @ ~70% 1RM.[2][1]
- Romanian deadlift: 3 sets × 6–8 reps.[1]
- Pull-ups or rows: 3–4 sets × 6–8 reps.[2]

Day 3 – Mixed technical day

- Snatch: 4–6 sets × 1–2 reps (lighter and very crisp).[3][1]

- Clean & jerk: 4–6 sets × 1 rep (technique focus).[5][1]
- Front squat: 3–4 sets × 3 reps.[7][1]
- Push press: 3 sets × 5 reps.[1][2]
- Light accessory: face pulls, band pull-aparts, or reverse flyes 2–3 sets.

Key technique priorities

- Start: flat back, chest **up**, bar over midfoot, shoulders slightly in front of bar.[7][3][1]
- First pull: push through floor, hips/shoulders rise together, bar stays close.[7][1]
- Second pull: violent triple extension, then pull under, not up with the arms.[3][2][1]
- Catch: stable feet, strong front squat/overhead squat positions before chasing heavier loads.[3][7][1]

If you tell me your current best snatch/C&J (or close estimates) and weekly schedule, I can tune the percentages, warm-up ladders, and pair this with your existing martial arts/bodybuilding work.

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1. https://www.strengthlog.com/beginner-olympic-weightlifting-program/
2. https://www.trainheroic.com/blog/olympic-weightlifting-program/
3. https://barbend.com/beginners-guide-olympic-weightlifting/
4. https://www.reddit.com/r/weightlifting/comments/wk9atn/whats_the_optimal_rep_range_in_a_set_in_snatch/
5. https://www.gymshark.com/blog/article/clean-and-jerk-how-to
6. https://www.reddit.com/r/weightlifting/comments/5lkbrr/whats_the_beginners_guide_to_olympic_style_lifting/
7. https://blog.teambuildr.com/olympic-lifting-for-beginners-advice-from-noah-lyles-strength-coach
8. https://www.reddit.com/r/weightlifting/comments/1h5p1ek/suggest_a_program_to_prepare_myself_for_olympic/

9. https://liftvault.com/programs/olympic/glenn-pendlay-beginner-olympic-weightlifting-program-spreadsheet/

10. https://www.youtube.com/watch?v=ROvPgL4oazU